

SHIVAJI UNIVERSITY, KOLHAPUR



Modified & Revised Syllabus of B.A. I Physical Education & Yoga Studies (Introduced from June 2008 and onwards) (Subject to the modifications made from time to time)



SHIVAJI UNIVERSITY, KOLHAPUR
PHYSICAL EDUCATION (Optional)

Introduced from June, 2008.

B. A. Part I
(Paper – I)

Introduction of Phy. Education and Sports

Theory : 50 Marks (2 hours)

Practicals – 50 Marks

A – 45 Marks Pra. Exam.

B – 5 Marks for Record Book.

(2 Periods for Theory + 2 Periods for Practical per week)

A batch of 20 students for practical period and Exam.:-

Per Unit 15 Period

Unit 1 : The meaning of Phy. Education and Sports

A) Meaning, Definition and concept of Phy. Edu.

B) Changing concept of Phy. Education

- a) Exercise
- b) Phy. Education
- c) Gymnastics
- d) Recreation
- e) Games & Sports
- f) Health & Phy. Education

Unit 2 : Aim and Objectives of Phy. Education

A) General Aim

B) Objectives

- a) Organic Power
- b) Phy. Skills
- c) Mental and Emotional Development
- d) Social Development
- e) Professional Development
- f) National integration

Unit 3 : Foundation of Phy. Education

A) Body Posture

- a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture

- B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.

Unit 4 : Physical fitness and Health

- a) Physical Fitness
- b) Factors of Phy. Fitness.
- c) Balance Diet.
- d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobacco.
- e) Walking- Meaning, Neet and Importance

Unit 5 : Play –

- a) Meaning, Definitions, Concepts
- b) Work and Play
- c) Theories of play
 - i) surplus energy – जादा शक्तीचा
 - ii) Anticipatory Theory- पूर्वतयारीचा
 - iii) Recapulatory Theory- पुनरावृत्तीचा
- d) Importance of Play.
- e) Play way in education and its application in Physical Education.

(A Batch of 20 students for Practical period and examination).

Details of the Practical Examination : (Practicals – 50 Marks)

I) Record Book – 5 Marks

The Record Book will cover the following :

- i) Brief History;
- ii) Various diagrams;
- iii) Names of different fundamental skills in team events and different styles in Athletic events,
- iv) Rules and regulations (This should be completed as per syllabus).

The record book will be assessed internally and mark should be submitted to the External Examiner.

Marking System :

Practical Examination - 50 Marks

I) Athletics – 18 Marks

1. Sprinting – 100 M – 5 marks.
- a) The candidates running 100 Mtrs.
- | | | |
|--------------------|-----------------------|-----------|
| 100 Mtrs. (Men) | - 14.00 to 14.50 Sec. | -3 Marks |
| | - 14.50 to 15.50 Sec. | - 2 Marks |
| | - 15.50 to 16.50 Sec. | -1 Mark |
| 100 Mtrs. (Women)- | 16.00 to 16.50 Sec. | - 3 Marks |
| | - 16.50 to 17.50 Sec. | - 2 Marks |
| | - 17.50 to 18.50 Sec. | - 1 Marks |
- a) For Technique & Modern Style – 2 Marks
2. Jong Jump - - 5 Marks
- a) Performance - 4.50 Mtrs. - 3 Marks
- | | | |
|---------|--------------|-----------|
| (Men) | - 4.25 Mtrs. | - 2 Marks |
| | - 4.00 Mtrs. | - 1 Mark |
| (Women) | - 3.00 Mtrs. | - 3 Marks |
| | - 2.75 Mtrs. | - 2 Marks |
| | - 2.50 Mtrs. | - 1 Marks |
- For Technique & Modern Style – 2 Marks
3. Shot-put - 16 Lbs - 5 Marks
- a) Performance - 5.50 Mtrs. - 3 Marks
- | | | |
|---------|--------------|-----------|
| (Men) | - 5.00 Mtrs. | - 2 Marks |
| | - 4.50 Mtrs. | - 1 Mark |
| (Women) | - 5.00 Mtrs. | - 3 Marks |
| | - 4.50 Mtrs. | - 2 Marks |
| | - 4.00 Mtrs. | - 1 Mark |
- b) For Technique & Modern Style - 2 Marks

II) Indian Exercises: 10 Marks

- A. Suryanamaskar- Boyes-20, Girls-15 - 5 Marks
- B. Assance- पाश्चिमोत्तानासन, भुजंगासन, धनुरासन, सर्वांगासन,
हलसन (टिप:- प्रत्येक आसन 2 मिनटे करणे.)
- 5 Marks

III) One Indian Game : Kabaddi– 10 Marks.

- a) Fundamental skills - 5 Marks
- b) Knowledge of rules and regulations - 5 Marks

IV) One ball game – Volley-ball – 10 Marks

- a) Fundamental skills - 5 Marks
 b) Knowledge of rules and regulations - 5 Marks

V) Record book – 5 Marks

N. B. 1 : Separate Heads of passing –

- a) Theory Papers – Minimum passing 17 Marks.
 b) Practical – Minimum Passing 18 Marks.
 c) Total Passing (Theory & Practical) – Minimum 35 Marks.
 out of 100 Marks.

- 1. Brief History 2. Various Digram**
3. Names of Fundamental skills
4. Rules and Regulations

N. B. 2 : Practical Examination conducted –

- a) A batch of 20 students for Practical Period & examination.
 b) One organizer (Internal subject teacher).
 c) Two Examiner appointed by University.
 d) Peons – Two peons for Ground marking, water supply, equipment supply and collecting etc.

= RESULT SHEET = (Practical)

| Exam No. | Roll No. | Name | Athletics | Indian Exercises | Indian Game | One ball game | Record book | Total |
|----------|----------|------|-----------|------------------|-------------|---------------|-------------|-------|
| | | | 15 | 10 | 10 | 10 | 5 | 50 |

N. B. 1 : Theory paper shall be of 2 hours duration carrying 50 Marks.

There will be three questions of the first two of which will be having internal option carrying 30 Marks. The third question will be of short answer type question and will carry 20 marks.

2 : The Practical will carry 50 Marks.

- a) Practical examination shall carry 45 marks.
 b) Record book shall carry – 5 Marks.

(टिपः–Norms, Revise केल्याप्रमाणेच राहतील.)

Books Recommended

1. शारीरिक शिक्षण : तत्वे व स्वरुप – भा. रा. गोगटे, अखिल महाराष्ट्र शारीरिक शिक्षण मंडळ प्रकाशन, पुणे.
2. शारीरिक शिक्षण : तत्वे व व्यवस्थाद्ध हिराजी पाटील, ठोकळ प्रकाशन, पुणे.
3. शारीरिक शिक्षणाचे स्वरुप : प्रा. श्रीपाल जर्दे व सौ. सुनिता जर्दे, चंद्रमा प्रकाशन, कोल्हापूर.
4. शारीरिक शिक्षणाचा ओनामा : भा. रा. गोगटे, व्हीनस प्रकाशन, पुणे.
5. क्रीडा मानसशास्त्र : डॉ. प. म. आलेगांवकर, श्री. गजानन बुक डेपो, पुणे-30.
6. शारीरिक शिक्षणाचे आधुनिक स्वरुप : दि. गो. वाखारकर, नीलकंठ प्रकाशन व अध्यापन पध्दती पुणे.
7. Principles of Physical Education : J. F. Williams, W.B. Sanders Complanly, Philadelphia, London.
8. Scientific Foundations of Physical Education : C.C. Cowell, Happer and Brothers, New Your.
9. Foundation of Physical Education – C. A. Bucher, W. B. Sanders Company, Philadelphia, London.
10. Recreation and Physical Fitness for Youths and Men : Board of Education, London.
11. Physical Education : Interpretations and objectives – J. B. Nash, The Ronald Press Company – New York.
12. Introduction to Physical Education : L. R. Sharman, A. S. Barnes and Company, New York.
- 13- कबडडी – नरेंद्र दाभोळकर, म.वि.ग्रं. नि. मंडळ, नागपूर.
14. कबडडी – प्रा. श्रीपाल जर्दे व प्रा. विजय पाटील, अंबा प्रकाशन, कोल्हापूर.
15. कबडडी – प्रा. एन. एम. भैरट.
16. आधुनिक हॉलीबॉल – व्यंकटेश वांगवड, गजानन बुक डेपो, पुणे-30.
17. अॅथलेटिक्स – राम भागवत, टॅक अॅन्ड फोल्ड पब्लिकेशन, पुणे-9.
18. मैदानी स्पर्धा व नियम आयोजन – रमेश तावडे, राम भागवत ट्क अॅन्ड प्रकाशन, पुणे.